

T & W's Steps

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Step - KARA : (iTunes)



Intro□: 16 Counts. 【00:08】 .

For a clearer picture of the hand movements, do watch our video in youtube:

Introduction (1 Wall, 20 Counts)

IS1□□OUT-OUT-IN-IN ("V" STEP), FWD, CHUG 1/3 R x 3

1 2 3 4 Step R diag. fwd, step L diag. fwd, step R back, close L beside R
5 6 7 8 Step R fwd, 【1/3 R point L to L】 x 3 【12:00】

IS2□□OUT-OUT-IN-IN ("V" STEP), FWD, CHUG 1/3 L x 3

1 2 3 4 Step L diag. fwd, step R diag. fwd, step L back, close R beside L
5 6 7 8 Step L fwd, 【1/3 L point R to R】 x 3 【12:00】

IS3□□CHEST PUMPS x 4

1 2 3 4 Make a cool pose!! & pump your chest fwd and back x 4

S1:□□HEEL GRIND ¼ R, COASTER STEP, HEEL GRIND ¼ L, COASTER STEP

1 2 3&4 Grind R heel fwd a ¼ R, step L back, step R back, step L beside R, step R fwd 【3:00】
5 6 7&8 Grind L heel fwd a ¼ L, step R back, step L back, step R beside L, step L fwd 【12:00】

S2□ □WALK x 2, FWD SHUFFLE, FWD, ½ L BACK, COASTER STEP

1 2 3&4 Walk fwd on R-L, step R fwd, step L beside R, step R fwd
5 6 7&8 Step L fwd, ½ L step R back, step L back, step R beside L, step L fwd 【6:00】

S3:□□HOP FWD, CLOSE TOUCH x 4, HIP BUMP FWD AND BACK, HIP ROLL C/W

&1&2&3&4 【Hop R diag. fwd, touch L beside R, hop L diag. fwd, touch R beside L】 x 2
5 6 7 8 Step R fwd and bump hips fwd, bump hips back, roll hips clockwise once over 2 counts.

S4:□□FWD ROCK, RECOVER, COASTER STEP, JAZZ BOX ¼ R

1 2 3&4 Rock L fwd, recover R, step L back, step R beside L, step L fwd
5 6 7 8 Cross R over L, step L back, ¼ R step R to R, cross L over R 【9:00】

Add Tag here on Wall 5 facing 9:00.

This Section is a danced as Nightclub rhythm, hence it's counted at ½ the usual speed.

TS1□□SIDE, BACK ROCK, RECOVER, DIAG. L FWD, STEP, PIVOT ½ L, STEP, STEP, PIVOT ½ R, STEP, FWD ROCK, RECOVER, ¼ R FWD

1 2&3 Long step R to R, rock L back, recover R, long step L towards L diag. 【7:30】
4&5 Step R fwd, pivot ½ L, step R fwd 【1:30】
6&7 Step L fwd, pivot ½ R, step L fwd 【7:30】
8&1 Rock R fwd, recover L, ¼ R long step R fwd□ 【10:30】

TS2□□FWD, ¼ L BACK, BACK, BACK, ¼ L FWD, FWD, FULL R TRIPLE FWD, FWD ROCK, RECOVER, 3/8 R

2&3 Step L fwd, ¼ L step R back, step L back 【7:30】
4&5 Step R back, ¼ L step L fwd, step R fwd 【4:30】
6&7 ½ R step L back, ½ R step R fwd, step L fwd 【4:30】
8& Rock R fwd, recover L and turn 3/8 R to start again facing 9:00. 【9:00】

§5: □□SIDE, BEHIND, SIDE, CROSS, SIDE TOUCH, ½ R MONTEREY, SIDE TOUCH, CLOSE TOUCH

1234 Step R to R, cross L behind R, step R to R, cross L over R

5678 Touch R to R, ½ R close R beside L, touch L to L, touch L beside R 【3:00】

§6: □□HIP PUSH, RECOVER, HIP PUSH, RECOVER, HIP PUSH, RECOVER, HIP PUSH WITH VARIOUS □□□HAND MOVEMENTS

1 2 Tap ball of L foot diag. L fwd pushing L hip fwd in a slight cc/w hip roll motion, step L beside R

Hand Movements□: (1) Extend R arm diag. R up, (2) drop R arm to side□□

3 4 Tap ball of R foot diag. R fwd pushing R hip fwd in a slight c/w hip roll motion, step R beside L

Hand Movements□: (1) Crossing both hands in front of your face, (2) drop both hands to sides□

5 6 Tap ball of L foot diag. L fwd pushing L hip fwd in a slight cc/w hip roll motion, step L beside R

Hand Movements□: (1) With both fists in front of chest push both elbows back like doing a stretch (2) drop □□□ both hands to sides□□

7 8 Tap ball of R foot diag. R fwd pushing R hip fwd in a slight c/w hip roll motion, hold

Hand Movements□: (1) Spread both hands (with palms facing fwd) to sides at hip level (2) hold □

Restart here on Walls 2 & 3 facing 12:00 & 3:00.

§7: □HEEL SWITCHES, FWD, ¼ R SIDE TOUCH, CROSS, ¼ L BACK, DESTROZA (SWAY L-R WITH HAND MOVEMENTS)

1&2& Touch R heel fwd, step R beside L, touch L heel fwd, step L beside R

3 4 Step R fwd, ¼ R touch L to L bending R knee 【6:00】

5 6 Cross L over R, ¼ L step R back 【3:00】

7 8 Stomp L to L sway hip L and up, recover R sway hip R and up (This move is known as the "Destroza" in Regggaeton.)

Hand Movements: (7) Swing R arm across and behind body as you swing L arm to L, (8) Swing L arm across and behind body as you swing R arm to R

§8: □□CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS, ½ L UNWIND

1 2 3 4 Cross L over R. Step R to R. Cross L behind R. Step R to R

5&6 7 8 Cross rock L over R, recover R, step L to L, Cross R Over L, Unwind ½ L 【9:00】

REPEAT
